



Heat Illness Checklist

Heat-related illnesses such as heat stress, heat exhaustion, and heat stroke are a very real threat for workers during the summer months.

Extreme heat can pose trouble for employers. While there's no federal law specifically about heat illness, the Occupational Safety and Health Act of 1970 requires every employer to provide "a place of employment ... free from recognized hazards that are causing or are likely to cause death or serious physical harm to employees." This is known as the [General Duty Clause](#), and it obligates you to protect your employee from pretty much any danger, whether it's the coronavirus, summer heat, or monsters.

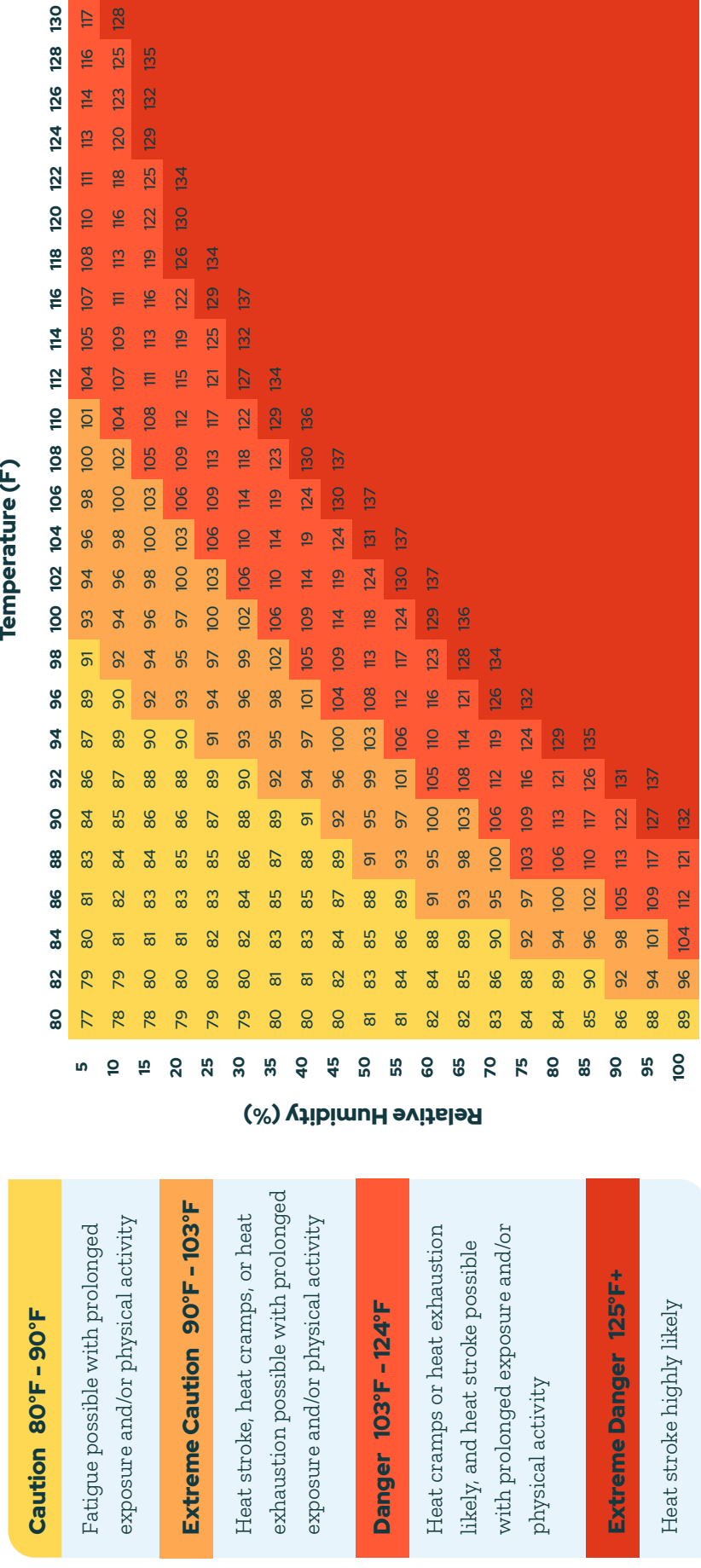
On top of that, 28 states have plans (such as CalOSHA) that meet or exceed OSHA's hazard mitigation requirements. Some states have specific regulations regarding working in the heat.

Here's a helpful checklist with some practical ways to plan for and prevent heat-related illnesses.



Familiarize yourself with the National Weather Service Heat Index

The NWS Heat Index is a valuable measurement tool for heat-related workforce risk. The scale ranges from 80°F and 40% humidity (defined as the low end of "Caution") to 110°F and 100% humidity (far into "Extreme Danger" territory).



- Caution 80°F - 90°F**
Fatigue possible with prolonged exposure and/or physical activity
- Extreme Caution 90°F - 103°F**
Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
- Danger 103°F - 124°F**
Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
- Extreme Danger 125°F+**
Heat stroke highly likely

Source: National Weather Service: <https://www.weather.gov/ama/heatindex>

Heat Illness Checklist

	Yes	No	N/A
Water			
Is there plenty of fresh, cool drinking water located as close as possible to the workers?			
Has someone been designated to check and make sure water is not running low?			
Are water coolers refilled throughout the day			

	Yes	No	N/A
Shade			
Is shade or air conditioning available for breaks and if workers need to recover?			

	Yes	No	N/A
Emergencies			
Does everyone know who to notify if there is an emergency?			
Does everyone know who will provide first aid?			
Can workers explain their location if they need to call an ambulance?			



Worker Training/Heat Awareness

	Yes	No	N/A
Is your team aware of the common signs and symptoms of heat-related illness?			
Do your employees understand the importance of acclimatization?			
Can your team perform the proper precautions to prevent heat-related illness?			
Does your team understand the importance of drinking water frequently (even when they are not thirsty)?			
Is your team equipped to perform the proper steps if someone is having symptoms?			

Reminders

	Yes	No	N/A
Remind your workers to drink water often.			
Encourage teams to report heat-related symptoms early.			
Remind teams to take time to rest in shade.			
Ask workers to help monitor one another.			

Knowledgeable Person

	Yes	No	N/A
Is there a knowledgeable person at the worksite who is well-informed about heat-related illness and able to determine appropriate work/rest schedules and can conduct physiological monitoring as necessary?			
Are workers in the high or very high/extreme heat index risk levels being physiologically monitored as necessary?			





How did you do?

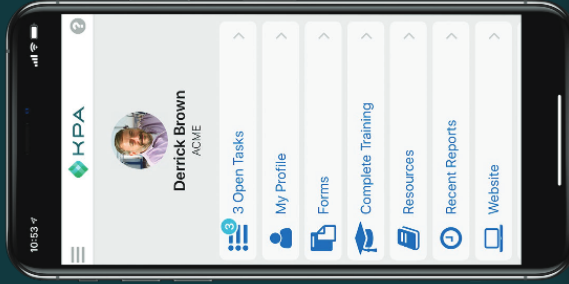
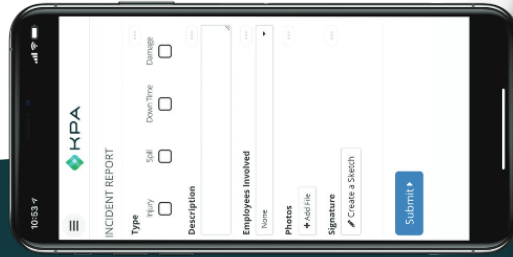
The more “no” boxes you checked, the higher a chance for heat illness problems within your workforce. Remember, OSHA pays close attention to heat illness, especially when a case results in hospitalization.

This checklist is a sample of the forms available in KPA EHS for you to use and customize to fit your policies and procedures. Imagine having this checklist with you in the palm of your hand, with automatic alerts and follow-ups generated with each inspection.

KPA's technology, training, and consulting solutions are here to help you develop an efficient heat illness program that's engaging and easy for your employees to follow.

We can show you how.

SEE HOW IT WORKS



For more information
visit www.kpa.io or call **866.356.1735**.